



SUPPORT FOR SURVIVORS OF ABUSE AND VIOLENCE

What is domestic abuse and how you can get help

An Easy Read guide



Introduction

This booklet will tell you about the help you can get if your boyfriend, girlfriend or someone in your family is hurting you or treating you badly.



Sometimes it can be difficult to talk to people you don't know very well.



But there are people who can help you, and there are details in this booklet about who to ask for help.



0300 323 9985

www.theportal.org.uk

Domestic abuse

Are you scared of someone at home?



Is your boyfriend, girlfriend, or someone in your family hurting you?



This might be domestic abuse.



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Are you in an abusive relationship?

It might be confusing or difficult to know if someone is treating you badly.



There is a list of questions on the next page to help you work out if someone is treating you badly.

You can ask someone to help you with this.



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Are you in an abusive relationship?

Has tried to stop you seeing your friends or family?

Yes

No

☐☐

Has tried to stop you going to college, day centre or to work?

Yes

No

☐☐

Does constantly try to check up on or follow you?

Yes

No

☐☐

Does blame you for flirting or having affairs with other people?

Yes

No

☐☐

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Are you in an abusive relationship?

Does tease you, laugh at you and tell you that you do the wrong things in front of other people?

Yes No

☐ ☒ ☐ ☒



Are you ever afraid of?

Yes No

☐ ☒ ☐ ☒



Have you ever changed your behaviour because of what might say or do to you?

Yes No

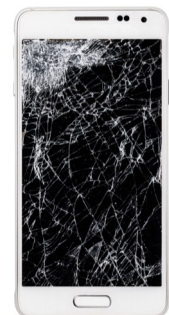
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Has ever destroyed or broken any of your things on purpose?

Yes No

☐ ☒ ☐ ☒



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Are you in an abusive relationship?

Has ever hurt or threatened you or your children?

Yes

☐

No

☐

Has ever kept your money so you haven't been able to buy food or other things you need for yourself and your children?

Yes

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No

☐

Has ever forced you to do something that you did not want to do?

Yes

☐

No

☐

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Are you in an abusive relationship?

Has ever stopped you from taking your medication, or from going to medical appointments?

Yes

☐

No

☐

Has ever tried to scare you?

Yes

☐

No

☐

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How we can help you

If you are in danger, we can help you find a safe place to live.

This is called a refuge.



We have drop in groups you can go to. This is a safe place with other people who have been hurt.

You can get support and talk to other people who feel like you do.



We might offer you counselling.

Counselling is talking to someone about how you feel.



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How to get help

If you are worried about what is happening with your boyfriend, girlfriend or family, call the Portal on 0300 323 9985.



This helpline is answered by women who can support you.



If no-one answers, leave a message and someone will call you back.



0300 323 9985

www.theportal.org.uk

How to get help

They will help you decide what to do and help you make safe choices.



If you feel like you are being abused it is not your fault and you're not alone.



Even if this happened a long time ago, we can still help you.



**Call the Portal on 0300 323 9985
or visit www.theportal.org.uk**